

THE SEASON OF LENT

24 hours for the Lord

Participate in this global initiative with these helpful resources including prayers, sample liturgies, reflections on the gospel readings and video reflections entitled, "Stewards of Forgiveness"



LENT 2018

This PARISH RESOURCE KIT for the 24 Hours for the Lord provides a number of practical ideas and helpful templates to assist parish leadership teams in promoting and facilitating awareness, participation and engagement with the Sacrament of Penance and Reconciliation. It has been prepared by the Archbishop's Office for Evangelisation, Melbourne. More resources are available online at www.cam.org.au/evangelisation. Please use and adapt these offerings to suit your unique parish culture, needs and circumstance.

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Including a print-ready bookmark for distribution



What is 24 Hours for the Lord?

Pope Francis calls the universal church to set aside a special period of 24 Hours for the Lord, to be marked around the fourth Sunday of Lent. The focus of this initiative is to highlight and celebrate the liberating power of forgiveness, as experienced in and through the Sacrament of Penance and to set aside intentional time for communal and personal prayer and devotion. It provides an opportunity to turn our hearts to God.

The Sacrament of Penance and Reconciliation

“The Sacrament of Reconciliation must regain its central place in the Christian life. This requires priests capable of putting their lives at the service of the ‘ministry of reconciliation’ (2 Cor 5:18), in such a way that, while no sincerely repentant sinner is prevented from drawing near to the love of the Father who awaits his return, everyone is afforded the opportunity of experiencing the liberating power of forgiveness.”
(Pope Francis, *Misericordia et misera*, 11)

The Catechism of the Catholic Church (CCC) reminds us that:

“It is called the sacrament of conversion because it makes sacramentally present Jesus’ call to conversion, the first step in returning to the Father from whom one has strayed by sin. It is called the sacrament of Penance, since it consecrates the Christian sinner’s personal and ecclesial steps of conversion, penance, and satisfaction. It is called the sacrament of confession, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a “confession” - acknowledgment and praise - of the holiness of God and of his mercy toward sinful man. It is called the sacrament of forgiveness, since by the priest’s sacramental absolution God grants the penitent “pardon and peace.” It is called the sacrament of Reconciliation, because it imparts to the sinner the love of God who reconciles: “Be reconciled to God.” He who lives by God’s merciful love is ready to respond to the Lord’s call: “Go; first be reconciled to your brother.” (CCC, Section II, Chapter II, Article IV, The Sacraments of Healing)

What is the Sacrament of Penance and Reconciliation?

The following information is provided as background to the Sacrament of Reconciliation and is helpful as a 'refresher' for those seeking to receive this Sacrament:

In *Misericordia et misera*, the Holy Father reminds us of the importance of the Sacrament of Reconciliation in experiencing the tender mercy of God:

“The celebration of mercy takes place in a very particular way in the Sacrament of Penance and Reconciliation. Here we feel the embrace of the Father, who comes forth to meet us and grant us the grace of being once more his sons and daughters. We are sinners and we bear the burden of contradiction between what we wish to do and what we do in fact (cf. Rom 7:14-21). Yet grace always precedes us and takes on the face of the mercy that effects our reconciliation and pardon. God makes us understand his great love for us precisely when we recognize that we are sinners. Grace is stronger than sin: it overcomes every possible form of resistance, because love conquers all (cf. 1 Cor 13:7).

In the sacrament of forgiveness God shows us the way to turn back to him and invites us to experience his closeness anew. This pardon can be obtained by beginning, first of all, to live in charity. The Apostle Peter tells us this when he writes that “love covers a multitude of sins” (1 Pet 4:8). Only God forgives sins, but he asks that we be ready to forgive others even as he forgives us: “Forgive us our trespasses, as we forgive those who trespass against us” (Mt 6:12). How sad it is when our hearts are closed and unable to forgive! Resentment, anger and revenge gain the upper hand, making our lives miserable and blocking a joyful commitment to mercy.” (*Misericordia et misera*, 8)

What is the Sacrament of Penance and Reconciliation?

The Sacrament of Penance and Reconciliation is the process or steps we take in order to reunite ourselves with God. As human beings we all share the experience of weakness and the failure to be our best selves. When we intentionally fail to make a loving choice, that is, when we sin, we turn away in varying degrees from the unconditional love of God. This leaves us with a deep inner need for forgiveness and peace. The Sacrament of Penance heals and strengthens.

The liturgical celebration of the sacrament may take three (3) forms known as the ‘Rite of Reconciliation’:

Rite 1: Priest and Penitent: Personal Confession and Absolution

Rite 2: Priest, Faith Community and Penitent: Personal Confession and Absolution within a Communal celebration (most common form with children)

Rite 3: Priest and Faith Community: General Confession and Absolution
(NB: in cases of grave necessity: see the *Catechism of the Catholic Church* 1483)

What is sin?

Sin is the conscious thought, act or deed we do against ourselves, others, the community and our loving God. When we sin, we go against the commandments of God and alienate (turn away) ourselves from him. In the Sacrament of Penance and Reconciliation we re-orient ourselves (turn back) and reunite with God.

Before we enter the reconciliation space, we prepare ourselves by reflection or examining our conscience and think about how we hope to change our behavior in the future. When we are ready, we begin our talk to God through his disciple (the priest). We confess (in all honesty) our sins, say what we will do to make amends and how truly sorry we are by saying the act of contrition. When we are done, we are given absolution (forgiveness) through the power of the Holy Spirit and are reunited with God.

Why should we receive this Sacrament?

During the Sacrament of Penance and Reconciliation, we have a personal encounter with our loving and merciful God through the agency of the priest. This tangible experience of being welcomed, listened to as we name our sins, counselled, hearing the words of forgiveness in absolution and blessing, and completing a penance are each important and liberating elements of the process that makes up this Sacrament.

As human beings we receive the world through our senses. The intimacy of this one on one experience is powerful, transformative and redemptive. Through the physical presence, the spoken words and actions of the priest, we are healed, nourished and strengthened to continue our journey as a disciple of Jesus in the world.

How do we receive this Sacrament?

Rite 1: Priest and Penitent: Personal Confession and Absolution

- **Prepare with an Examination of Conscience.** This is a personal reflection of life and is usually done prior to the reception of the Sacrament.
- **Enter the Reconciliation room/space.** This may be in a chapel, a confessional box, a room or some other sacred space.
- **The priest will greet you and together you begin by praying the Sign of the Cross.** The priest invites the penitent to trust in God and he may read a passage of scripture.
- **You say, “Bless me Father for I have sinned. It is _____ since my last confession”** It’s OK to say that it’s been so long you can’t remember and that you feel nervous!
- **“These are my sins ...”** Having reflected it is now time to speak aloud the sins that are weighing in your heart. Be clear and brief in explaining any relevant details.
- **Listen to the priest’s help and counsel and receive a relevant penance.** The priest will speak with you and suggest some ways you can restore your relationship with God. A form of penance will be suggested - an act of kindness, prayer or both. Some formal prayers are included on page 32.
- **The priest will ask you to express your sorrow, usually by making an Act of Contrition.** Here are a few different ones to choose from:

“Oh my God, I am so sorry that I have sinned against you., because You are so good and with the help of your grace, I will try not to sin again.” ...

“God our Father, I thank You for loving me. I am sorry for all my sins, for what I have done and for what I have failed to do. I will sincerely try to love You and others in everything I do and say. Help me walk in your light today and always.” ...

“Father, I have sinned against you and am not worthy to be called your son/daughter. Be merciful to me, a sinner.”

*“Lord God, in your goodness have mercy on me, do not look on my sins but take away all my guilt. Create in me a clean heart and renew within me an upright spirit.” ...
AMEN.*

- **Receive absolution as the priest says,** *“God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, + and of the Holy Spirit.”*
The priest raises his hand in blessing over you as these words are prayed.
- **The priest finishes by saying** *“Go in peace.”*

Excerpts from Misericordia et misera

At the conclusion of the Jubilee Year of Mercy, Pope Francis wrote an apostolic letter entitled *Misericordia et misera*, a phrase he borrows from Saint Augustine, who used it in recounting the story of Jesus' meeting with the woman taken in adultery (cf. Jn 8:1-11).

Below are a few other excerpts from the letter. It may be helpful to choose one or two texts and use as part of a reflection, or use the bookmark templates provided on *page 35*.

It would be difficult to imagine a more beautiful or apt way of expressing the mystery of God's love when it touches the sinner: "the two of them alone remained: mercy with misery".[1] What great mercy and divine justice shine forth in this narrative! Its teaching serves not only to throw light on the conclusion of the Extraordinary Jubilee of Mercy, but also to point out the path that we are called to follow in the future.

(Misericordia et misera)

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Everything is revealed in mercy; everything is resolved in the merciful love of the Father.

(Misericordia et misera, 1)

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Forgiveness is the most visible sign of the Father's love, which Jesus sought to reveal by his entire life. Every page of the Gospel is marked by this imperative of a love that loves to the point of forgiveness. *(Misericordia et misera, 2)*

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Mercy gives rise to joy, because our hearts are opened to the hope of a new life. The joy of forgiveness is inexpressible, yet it radiates all around us whenever we experience forgiveness. *(Misericordia et misera, 3)*

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Clothe yourselves in joy, which always is agreeable and acceptable to God, and rejoice in it. For all who are joyful do what is good, think what is good, and despise sadness... All who put aside sadness and put on joy will live in God. The experience of mercy brings joy. May we never allow this joy to be robbed from us by our troubles and concerns. May it remain rooted in our hearts and enable us to approach with serenity the events of our daily lives. *(Misericordia et misera, 3)*

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The celebration of mercy takes place in a very particular way in the Sacrament of Penance and Reconciliation. Here we feel the embrace of the Father, who comes forth to meet us and grant us the grace of being once more his sons and daughters. In the sacrament of Forgiveness God shows us the way to turn back to him and invites us to experience his closeness anew. *(Misericordia et misera, 8)*

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The Sacrament of Reconciliation must regain its central place in the Christian life. This requires priests capable of putting their lives at the service of the “ministry of reconciliation” (2 Cor 5:18), in such a way that, while no sincerely repentant sinner is prevented from drawing near to the love of the Father who awaits his return, everyone is afforded the opportunity of experiencing the liberating power of forgiveness. ... A favourable occasion for this could be 24 Hours for the Lord, a celebration held in proximity to the Fourth Sunday of Lent. This initiative, already in place in many dioceses, has great pastoral value in encouraging a more fervent experience of the sacrament of Confession. (*Misericordia et misera*, 11)

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Another face of mercy is consolation. “Comfort, comfort my people” (Is 40:1) ... mercy finds expression also in the closeness, affection and support that many of our brothers and sisters can offer us at times of sadness and affliction. The drying of tears is one way to break the vicious circle of solitude in which we often find ourselves trapped. (*Misericordia et misera*, 13)

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Sometimes too, silence can be helpful, especially when we cannot find words in response to the questions of those who suffer. A lack of words, however, can be made up for by the compassion of a person who stays at our side, who loves us and who holds out a hand. It is not true that silence is an act of surrender; on the contrary, it is a moment of strength and love. Silence too belongs to our language of consolation, because it becomes a concrete way of sharing in the suffering of a brother or sister. (*Misericordia et misera*, 13)

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We have to remember, each of us carries the richness and the burdens of our personal history; this is what makes us different from everyone else. Our life, with its joys and sorrows, is something unique and unrepeatable that takes place under the merciful gaze of God. (*Misericordia et misera*, 14)

24 Hours for the Lord

Rite for Reconciliation of Several Penitents
with Individual Confession and Absolution

Introductory Rites

Entrance Hymn *Return to God* CWB (II) 298; GA 304

Sign of the Cross

Greeting

Celebrant Pope Francis reminds us that the celebration of mercy takes place in a very particular way in the Sacrament of Penance and Reconciliation. Let us come with confidence before the throne of grace to receive God's mercy, and we shall find pardon and strength in our time of need.

Celebrant Grace, mercy and peace be with you
from God the Father
and Christ Jesus our Saviour.

All And with your spirit.

Collect

Lord, turn to us in mercy
and forgive us all our sins
that we may serve you in true freedom.
We ask this through Christ our Lord.

Celebration of the Word of God

First Reading

A reading from the Book of the Prophet Isaiah

(1:10-18)

Hear the word of the Lord, princes of Sodom! Listen to the instruction of our God, people of Gomorrah! What care I for the number of your sacrifices? says the Lord; I have had enough of whole-burnt rams and the fat of fatlings; in the blood of calves, lambs, and goats I find no pleasure. When you come in to visit me, who asks these things of you?

Trample my courts no more; Bring no more worthless offerings; Your incense is loathsome to me. New moon and Sabbath, calling of assemblies— Octaves with wickedness; these I cannot bear. Your new moons and festivals I detest; they weigh me down, I tire of the load. When you spread out your hands, I close my eyes to you; Though you pray the more, I will not listen; your hands are full of blood. Wash yourselves clean! Put away your misdeeds before my eyes; cease doing evil, learn to do good; Make justice, your aim; redress the wronged, Hear the orphan's plea, defend the widow. Come now, let set things right, says the Lord: though your sins be like scarlet, they may become white snow; though they be crimson red, they may become white as wool.

The Word of the Lord

All Thanks be to God.

Responsorial Psalm *Be merciful O Lord, for we have sinned* GA 41

Second Reading

A reading from the Letter of Saint Paul to the Ephesians

(4:23-32)

Be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth. Therefore, putting away falsehood, speak the truth, each one to his neighbor, for we are members one of another. Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil. The thief must no longer steal, but rather labor, doing honest work with his own hands, so that he may have something to share with one in need. No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. And do not grieve the holy Spirit of God, with which you were sealed for the day of redemption. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

The Word of the Lord

All Thanks be to God.

Gospel Acclamation

Come to me, all you that labour and are burdened,
and I will give you rest, says the Lord.

Gospel

A reading from the holy Gospel according to Matthew

(5:1-12)

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

“Blessed are the poor in spirit,* for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,* for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

Rejoice and be glad, for your reward will be great in heaven.

Thus they persecuted the prophets who were before you.”

The Gospel of the Lord

All Praise to you, Lord Jesus Christ.

Examination of Conscience

We are called to be a blessing to the world. Let us take some time now to reflect on my life. We ask for God's help to enable us to recognise the areas in which we have most sinned. Are there times when I have failed to

- be prayerful
- be attentive to my relationship with God and Jesus
- show respect, kindness and understanding toward my family, friends and neighbours
- be a truthful person
- work in an honest manner
- be respectful of my self
- be generous with my time, talents and money
- be loyal and faithful to my family
- give sympathy and encouragement when it was due
- be kind.

Rite of Reconciliation

Celebrant My brother and sisters
Confess your sins and pray for each other, that you may be healed.

Confiteor I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Song *O God you search me* CWB II 572

The Our Father

Celebrant Lord, draw near to your servants who in the presence of your Church confess that they are sinners. Through the ministry of the church free them from all sin so that renewed in spirit they may give you thankful praise.

We ask this through Christ our Lord, Amen.

Individual Confession and Absolution

Concluding Prayer of Thanksgiving

Celebrant All holy Father
You have shown us your mercy and made us a new creation in the likeness of your son.
Make us living signs of your love for the whole world to see.
We ask this through Christ, our Lord. Amen

Concluding Rite

- Celebrant** May the Lord guide your hearts in the way of his love and fill you with Christ-like patience.
- All** Amen
- Celebrant** May he give you strength to walk in newness of life
And to please him in all things.
- All** Amen
- Celebrant** May almighty God bless you, the Father, the Son, + and the Holy Spirit.
- All** Amen
- Celebrant** The Lord has freed you from your sins, Go in Peace.
- All** Thanks be to God.
- Song** *Blest are they* CWB (II) 458; GA 477

Prayers of the Faithful

The following prayers of intercession are provided as a guide and may be adapted to suit your local parish/community needs for the weekend of 9-11 March 2018:

Intentions (Reader/s)

- Celebrant: Let us pray to the God whose light illuminates minds, hearts and actions of all people:
- Reader: For our Church and parish community, that we may share the vision of gospel compassion and mercy in our life together.
Let us pray to the Lord ... *R. Lord hear our Prayer*
- Reader: For all gathered around this table, that this Lenten season may be a time of reconciliation within ourselves, our families and our Church.
Let us pray to the Lord ... *R. Lord hear our Prayer*
- Reader: For all who have been abused—whether physically, mentally, emotionally or sexually—and those who journey with them, that the God of peace will restore their hearts.
Let us pray to the Lord ... *R. Lord hear our Prayer*
- Reader: For the vulnerable and the sick who live and walk amongst us. Grant us the wisdom and the clarity to support and love them as you would.
Let us pray to the Lord ... *R. Lord hear our Prayer*
- Reader: For those who have recently died, especially ...
May they rest peacefully in the gentle arms of our loving God.
Let us pray to the Lord ... *R. Lord hear our Prayer*

Conclusion

Lord of light,
grant us your vision of selfless love
that we may make real in our lives the prayers and hopes
that you alone see in the depths of our hearts.
Hear the prayers which we ask of you
in the name of Jesus, the healing Christ.

R. Amen

Music Suggestions

These hymns are sourced from: *As One Voice* 1, 2, and *The Next Generation* (AOV1, AOV2, AOVNG); *Catholic Worship Book* 1 and 2 (CWB, CWB II); *Gather* - 3rd Edition (G); *Gather Australia* (GA); *Psalms for Feasts and Seasons* (PFS); Digital Download (DD) and Selected Collection (SC)

Hymns relating to Fourth Sunday of Lent – Year A (Sunday 26 March)

<i>Christ, Be Our Light!</i>	AOV2 3, CWBII 540, G 590, GA 404
<i>Open My Eyes</i>	AOV1 166, CWBII 582, G 651
<i>The Lord Is My Shepherd</i>	AOV1 26, CWB 830, CWBII 619, GA 505
<i>You Are Mine</i>	AOV2 2, CWBII 516, G 721
<i>Amazing Grace</i>	AOV1 29, CWBII 645, G 645, GA 437
<i>A New Heart For A New World (Create A New Heart)</i>	AOV1 158, CWBII 477, GA 438
<i>We Are Called</i>	AOV2 60, CWBII 476, G 807, GA 514

Additional hymns relating to reconciliation and the presence of God

<i>Jesus, Come to us</i>	AOV 148
<i>A Trusting Psalm</i>	CWBII 293, GA 455
<i>As Gentle as Silence</i>	CWBII 580, GA 470
<i>Come as you are</i>	GA 212
<i>Without seeing you</i>	GA 443
<i>Be with me, Lord when I am in trouble</i>	CWB (2) 286; GA 53
<i>Grant to us O Lord</i>	CWBII 291; GA 303
<i>Bring us back to you O Lord our God</i>	CWBII 287
<i>Restless is the Heart</i>	GA 239
<i>Psalm 116 – The Name of God</i>	GA 68

Sample Models for Celebrating 24 Hours for the Lord

Below you will find four (4) sample models for participation within your parish:

OPTION 1:

Friday 9am – Saturday 11am (incl. parish primary school)

OPTION 2:

Friday 7pm – Saturday 7pm (incl. Vigil mass)

OPTION 3:

Saturday 12noon – Sunday 1pm (incl. all parish masses)

OPTION 4:

Friday 7pm – Sunday 6am (incl. all parish masses)

Please consider which option may best suit your community and use or customise according to your needs and circumstance. A range of devotional prayer time slots have been included to optimise variety and appeal in order to draw broad participation. This will hopefully also encourage co-responsibility for shared leadership from people in different roles, ministries and prayer groups throughout 24 Hours for the Lord. This intentional time of communal prayer and devotion is a wonderful opportunity to celebrate some treasures of our Catholic tradition with school families and parishioners alike.

To assist, the daily readings have been provided on pages 26-30, as well as some helpful prayers on pages 31-32. You can also find the Second Rite of Reconciliation outlined on pages 9-12 and information on the “Stewards of Forgiveness” videos and reflection questions on pages 20-22.

OPTION 1:

Friday 9am – Saturday 11am (incl. parish primary school)

Note: It would be ideal for the Sacrament of Reconciliation to be available at various times throughout the program. Don't forget to add that to the sheet so that people are aware.

Friday 24 March	
9.00am	Morning Mass to launch 24 Hours for the Lord (Parish Priest, teachers, school children & parents)
10.00am	Exposition of the Blessed Sacrament (PP, teacher & individual class)
10.30am	Individual Reconciliation (PP, teacher & individual class)
11.00am	Meditation (Meditation Group leader, parish & school staff & parishioners)
11.30am	Individual Reconciliation (PP, teacher & individual class)
12.00noon	The Angelus and the Rosary (Rosary group leader & school children)
1.00pm	Quiet prayer time with Taizé (Parish & school staff & parishioners)
2.00pm	Individual Reconciliation (PP, teacher & individual class & parents)
4.00pm - 7.00pm	Personal space for intentional peaceful engagement with others, e.g.: Visit a friend in need, make a meal for the food bank, write an affirmation to a family member. (All are invited to participate)
7.00pm	Evening Prayer and Taizé (Prayer Group leader & parishioner)
7.00pm - 8.00pm	Exposition of the Blessed Sacrament (PP, teacher & parishioners)
8.00pm	Benediction (PP, teacher & parishioners)
8.30pm	The Rosary or play 'Stewards of Forgiveness' videos (Rosary group leader & parishioners)
9.00pm	Conclude
Saturday 25 March	
8.30am	Exposition of the Blessed Sacrament (PP, teacher & parishioners)
9.00am	Mass for the Feast of the Annunciation (PP & parishioners)
10.00am	Individual Reconciliation / Rosary (PP, Rosary group leader & parishioners)
11.00am	Conclude

OPTION 2:

Friday 7pm – Saturday 7pm (incl. Vigil mass)

Note: It would be ideal for the Sacrament of Reconciliation to be available at various times throughout the program. Don't forget to add that to the sheet so that people are aware.

Friday 24 March	
7.00pm	Evening Prayer and Taizé to launch 24 Hours for the Lord (Prayer group leader & parishioners)
8.00pm	Exposition of the Blessed Sacrament (PP & parishioners)
9.00pm	Benediction (PP & parishioners)
9.30pm	The Rosary or play 'Stewards of Forgiveness' videos (Rosary group leader & parishioners)
10.00pm	Conclude
Saturday 25 March	
9.00am	Mass for the Feast of the Annunciation (PP & parishioners)
10.00am	Exposition of the Blessed Sacrament (PP & parishioners)
10.30am	Individual Reconciliation or Second Rite of Reconciliation (PP & parishioners)
11.00am	Meditation (Meditation Group leader & parishioners)
11.30am	Individual Reconciliation (PP & parishioners)
12.00noon	The Angelus and the Rosary (Rosary group leader & parishioners)
1.00pm	Quiet prayer time with Taizé (Parish choir & parishioners)
2.00pm	Individual Reconciliation (PP & parishioners)
3.00pm - 6.00pm	Personal space for intentional peaceful engagement with others, e.g.: Visit a friend in need, make a meal for the food bank, write an affirmation to a family member. (All are invited to participate)
6.00pm	Vigil Parish Mass (PP & parishioners)
7.00pm	Individual Reconciliation (PP & parishioners)
8.00pm	Conclude

OPTION 3:

Saturday 12noon – Sunday 1pm (incl. all parish masses)

Note: It would be ideal for the Sacrament of Reconciliation to be available at various times throughout the program. Don't forget to add that to the sheet so that people are aware.

Saturday 25 March	
12.00noon	The Angelus and the Rosary / Individual Reconciliation (Rosary group leader & parishioners)
1.00pm	Meditation / Individual Reconciliation (Meditation group leader & parishioners)
2.00pm	Devotional singing or play 'Stewards of Forgiveness' videos (Choir leader & parishioners)
3.00pm - 6.00pm	Personal space for intentional peaceful engagement with others, e.g.: Visit a friend in need, make a meal for the food bank, write an affirmation to a family member. (All are invited to participate)
6.00pm	Vigil Parish Mass (PP & parishioners)
7.00pm	Individual Reconciliation / Quiet prayer time with Taizé (PP & parishioners)
8.00pm	Conclude
Sunday 26 March	
9.00am	Mass to celebrate the Fourth Sunday of Lent (PP & parishioners)
10.00am	Exposition of the Blessed Sacrament (PP & parishioners)
10.30am	Mass to celebrate the Fourth Sunday of Lent (PP & parishioners)
11.30am	Quiet prayer time with Taizé (PP & parishioners)
11.30am	Individual Reconciliation (PP & parishioners)
12.00noon	The Angelus and the Rosary (Rosary group leader & parishioners)
1.00pm	Conclude

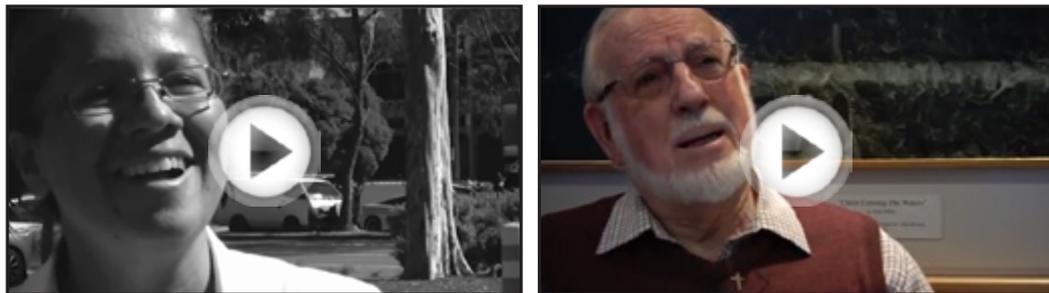
OPTION 4:

Friday 7pm – Saturday 7pm (incl. parish masses)

Note: It would be ideal for the Sacrament of Reconciliation to be available at various times throughout the program. Don't forget to add that to the sheet so that people are aware.

Friday 24 March	
7.00pm	Evening Prayer and Taizé to launch 24 Hours for the Lord (Prayer group leader & parishioners)
8.00pm	Exposition of the Blessed Sacrament (PP & parishioners)
9.00pm	Benediction (PP & parishioners)
9.30pm	Play 'Stewards of Forgiveness' videos
10.30pm	Rosary (Rosary group leader & parishioners)
10.00pm	Devotional singing (Choir leader & parishioners)
10.30pm	Meditation / Individual Reconciliation (Meditation group leader & parishioners)
11.00pm	Exposition of the Blessed Sacrament (PP & parishioners)
11.00pm onwards	Quiet prayer in the presence of the Blessed Sacrament
Saturday 25 March	
6.00am	Morning prayer (PP & parishioners)
6.30am	Benediction (PP & parishioners)
	Rosary (Rosary group leader & parishioners)
9.00am	Mass for the Feast of the Annunciation (PP & parishioners)
10.00am	Exposition of the Blessed Sacrament (PP & parishioners)
10.30am	Individual Reconciliation (PP & parishioners)
11.00am	Play 'Stewards of Forgiveness' video with accompanying reflection (visit www.cam.org.au/evangelisation)
12.00noon	The Angelus and the Rosary (Rosary group leader & parishioners)
2.00pm	Individual Reconciliation (PP & parishioners)
3.00pm - 6.00pm	Personal space for intentional peaceful engagement with others, e.g.: Visit a friend in need, make a meal for the food bank, write an affirmation to a family member. (All are invited to participate)
6.00pm	Vigil Parish Mass (PP & parishioners)
7.00pm	Conclude

“Stewards of Forgiveness” Video Reflections



Produced as part of the 24 Hours for the Lord initiative, these two videos offer a window into the work of chaplains and priests, often seen as ‘stewards of forgiveness’. Their experience in hearing people’s stories of suffering and sometimes self-loathing, sheds light on the liberating power of forgiveness when sought but most importantly, when received.

Sr Rachel Fleurant MGL is a chaplain at the Youth Justice Centre in Parkville, where she spends time with youth and young adults, offering practical, emotional and spiritual support. **Fr Anthony (Tony) McSweeney SSS** is a Blessed Sacrament Father at St Francis’ Church in the city of Melbourne, which is one of the busiest churches in the country. The Sacrament of Reconciliation is offered throughout the week, a ministry which Fr Tony is only to happy to offer. He says, “For me it’s a chance to meet people in their struggles, their suffering and their aspirations.”

These videos can be used as part of personal or group reflection/discussions on the concept of forgiveness, and why it is sometimes difficult to give, and to receive.

Watch both videos at: www.cam.org.au/evangelisation.

Accompanying questions have been provided for personal reflection/group discussion.

**“Stewards of Forgiveness”
SR RACHEL FLEURANT MGL**

Sr Rachel Fleurant MGL is a chaplain at the Youth Justice Centre in Parkville, where she spends time with youth and young adults, offering practical, emotional and spiritual support. She describes her ministry as a ministry of presence, and says the experience of listening to the youth (some as young as 12 years old) has deeply changed her and challenged her in how she lives out her faith.



POINTS FOR REFLECTION/DISCUSSION:

1. Society largely tells us that the incarcerated deserve the punishment for their crimes. Yet Jesus tells us to look upon the lowly with eyes of compassion to see the face of God through these very people. *“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” (Matthew 25:40)*
How does this challenge your perception of crime and punishment?
2. Prison chaplaincy is not very well-known to many Australians, and yet it is a vital part of the Church’s mission to bring the face of Christ to every prisoner.* Whilst it is not easy to enter a prison without proper permissions/an invitation from a prisoner, can you think of other ways with which you can ‘visit the imprisoned’?
3. In describing her ministry, she says some of the prisoners are ‘locked up in a place of guilt or unforgiveness toward themselves’. We too have felt this way at times. What are ways that can help us emerge from this place?
4. Reflect on the words of this prayer from St Teresa of Avila:
*Christ has no body but yours
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands with which he blesses the world,
Yours are the hands, yours are the feet, yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks compassion on this world.
Christ has no body now on earth but yours.*

*Australian Catholic Bishops Conference (2011), Building Bridges, Not Walls: Prisons and the Justice System, available at www.socialjustice.catholic.org.au/files/SJSandresources/2011-SJS_summary.pdf, p3.

“Stewards of Forgiveness”

FR ANTHONY MCSWEENEY SSS

Fr Anthony (Tony) McSweeney SSS is a Blessed Sacrament Father at St Francis’ Church in the city of Melbourne, which is one of the busiest churches in the country. The city parish offers a range of pastoral support services and can receive up to 10,000 visitors in any given week. The Sacrament of Reconciliation is offered throughout the week, a ministry which Fr Tony is only too happy to offer. He says, “For me it’s a chance to meet people in their struggles, their suffering and their aspirations.”



POINTS FOR REFLECTION/DISCUSSION:

1. “We all have doors inside that are locked very tightly ... if we can help each other unlock those doors... then a lot of mud comes out. And then there’s healing.”
Do you resonate with this statement from Fr Tony? How so / why not?
2. Fr Tony reflects on his ministry as a Confessor and on the importance of listening. He says, “One of the most touching things is when someone feels you’ve understood them.” Have you encountered someone who is a good listener? How did that make you feel? What might you learn from that experience? Discuss.
3. Fr Tony draws on psychotherapy and neuroscience in his ministry to help people understand that “many behaviours are compulsive. People can’t simply choose not to do them, it’s a process.... (yet) many people feel frustrated and angry with themselves when they don’t change.” Have you ever experienced this yourself or with someone you know? How can we be more forgiving towards ourselves and others?
4. Reflecting on his ministry as a Confessor, Fr Tony says that “every person is made in the image of God, and no matter what they’ve done wrong, that image is what we’ve got to keep in mind.” He recalls Jesus’ invitation to welcome the ‘outcasts’ of society --- the encounter with the adulterous woman (John 8: 1-11), the woman at the house of Simon the Pharisee (Luke 7:36-50) and Zaccheus the tax collector (Luke 19:1-10). How are you challenged by this invitation?

Ideas for Family Participation at Home

It's not unrealistic to think that the busyness of family life sometimes means that it can be difficult to attend local church services, so here a few ideas for families to try at home:

Video: 'How to go to Confession'



This 4'28" video clip is a simple and engaging animation. It could be a helpful tool to initiate a family conversation about the value and practice of the Sacrament of Penance & Reconciliation. This may then lead to planning and participating in reception of the Sacrament together, during the 24 hours for the Lord. View at: <https://www.youtube.com/watch?v=Ib8pzvnnL20>

"Unplugged"



Make a commitment as a family to intentionally 'unplug' from all screens and devices for a 24-hour period. Carefully plan ahead how you might utilise this 'free' time. Some suggestions:

1. Invite another family to join you for a picnic.
2. Have a family games afternoon.
3. Incorporate some intentional 'God' time, in nature, at home, in Church
4. Plan a period (1 hour?) of total silence and switch off from electronics in the home when everyone is around, that is outside of meal time. Talk about it later.
5. Have a card writing session to family and friends in need of a loving greeting.

A Prayer for Lent



This 2'45" video clip provides a beautiful visual and audio accompaniment to the 'A Prayer for Lent' written format below. It could be used to mark the beginning of the 24 hours for the Lord period, with parents and children participating in the 'Receive the sign of the cross...' on each other, as the prayer unfolds. View at: <http://www.resourcemelb.catholic.edu.au/object.cfm?o=136>

Introduction:

Leader: As we journey through Lent let us keep Christ at the heart of all our words and actions. Let us focus our lives more clearly on walking in the way of Christ and living the Christian life. This blessing prayer is prayed over those who are preparing for baptism at Easter. We will mark one another with a small cross as a reminder that, through baptism, we belong to Christ.

A reader proclaims the following invocations while members of the group bless one another by tracing a small cross on the forehead, ears, eyes, etc.

Reader 1: Receive the cross on your forehead.
Learn to know Christ and follow him.

Receive the sign of the cross on your ears,
that you may hear the voice of the Lord.

Receive the sign of the cross on your eyes,
that you may see the glory of God.

Receive the sign of the cross on your lips,
that you may respond to the word of God.

Receive the sign of the cross over your heart,
that Christ may dwell there by faith.

Receive the sign of the cross on your shoulders,
that you may bear the gentle yoke of Christ.

Receive the sign of the cross on your hands,
that Christ may be known in the work which you do.

Receive the sign of the cross on your feet,
that you may walk in the way of Christ.

Reader 2: So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

Leader: Let us walk in the way of Christ.

All: Thanks be to God!

What's Happening in the City

Below is some information about when the Sacrament of Reconciliation is available in selected city churches. *Note: information sourced from parish websites. It's advisable to contact the parish to confirm.*

St Patrick's Cathedral 1 Cathedral Pl, East Melbourne (Tel: 9662 2233)

The Sacrament of Reconciliation at *St Patrick's Cathedral* is in English and is available on weekdays from Tuesday - Friday from 12pm prior to the 1.00pm daily Mass. On weekends Reconciliation is available on Saturday at 8.30am and 5.30pm or by appointment.

St John the EvangelistCnr Hoddle St & Victoria Pde, East Melbourne (Tel: 9662 2233)

At *St John the Evangelist East Melbourne* Reconciliation is available by request or before and after 9.30am Saturday morning Mass in both English and Vietnamese.

St Francis' Church, Melbourne 326 Lonsdale St, Melbourne (Tel: 9663 2495)

Tuesday - Thursday	11.30am – 2.00pm 3.30pm – 5.30pm
Friday	7.30am – 8.30am 11.30am – 2.00pm 3.30pm – 5.30pm
Saturday	10.30am – 12.30pm 3.30pm – 5.30pm

Saint Mary Star of the Sea..... 33 Howard St, West Melbourne (Tel: 9328 3474)

Sunday	From 9.45am, continuing throughout the 10.30 Solemn Mass
Monday - Friday	Midday – 12.25pm 1.05pm – 1.30pm 5pm – 6pm
Saturday	10.30am – 10.55am 11.35am – Midday 5.45pm – 6.15pm

St Augustine's Church, Melbourne.....631 Bourke St, Melbourne (Tel: 9614 1722)

Monday - Friday From 12.45pm (before 1.05pm mass)

Readings of the Day

Friday, 9 Mar 2018: Friday of the third week of Lent

First Reading

Hos 14:2-10

The Lord says this:

Israel, come back to the Lord your God; your iniquity was the cause of your downfall. Provide yourself with words and come back to the Lord. Say to him, 'Take all iniquity away so that we may have happiness again and offer you our words of praise.

Assyria cannot save us, we will not ride horses any more, or say, "Our God!" to what our own hands have made, for you are the one in whom orphans find compassion.' – I will heal their disloyalty, I will love them with all my heart, for my anger has turned from them.

I will fall like dew on Israel. He shall bloom like the lily, and thrust out roots like the poplar, his shoots will spread far; he will have the beauty of the olive and the fragrance of Lebanon. They will come back to live in my shade; they will grow corn that flourishes, they will cultivate vines as renowned as the wine of Helbon.

What has Ephraim to do with idols any more when it is I who hear his prayer and care for him? I am like a cypress ever green, all your fruitfulness comes from me. Let the wise man understand these words. Let the intelligent man grasp their meaning.

For the ways of the Lord are straight, and virtuous men walk in them, but sinners stumble.

Responsorial Psalm Ps 80:6. 8-11. 14. 17. R. vv.9. 11.

(R.) I am the Lord, your God: hear my voice.

A voice I did not know, said to me:
'I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you. (R.)

'I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.
Listen, my people, to my warning,
O Israel, if only you would heed! (R.)

'Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt. (R.)

'O that my people would heed me,
that Israel would walk in my ways!
But Israel I would feed with finest wheat
and fill them with honey from the rock.' (R.)

Gospel

Mk 12:28-34

The Lord your God is one Lord and you must love him.

One of the scribes came up to Jesus and put a question to him, ‘Which is the first of all the commandments?’

Jesus replied, ‘This is the first: Listen, Israel, the Lord our God is the one Lord, and you must love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: You must love your neighbour as yourself. There is no commandment greater than these.’ The scribe said to him, ‘Well spoken, Master; what you have said is true: that he is one and there is no other. To love him with all your heart, with all your understanding and strength, and to love your neighbour as yourself, this is far more important than any holocaust or sacrifice.’ Jesus, seeing how wisely he had spoken, said, ‘You are not far from the kingdom of God.’ And after that no one dared to question him any more.

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Saturday, 10 Mar 2018

First Reading

Hosea 5:15-6:6

Yes, I am going to return to my dwelling place until they confess their guilt and seek my face; they will search for me in their misery.

“Come, let us return to the LORD, it is he who has rent, but he will heal us; he has struck us, but he will bind our wounds. He will revive us after two days; on the third day he will raise us up, to live in his presence. Let us know, let us strive to know the LORD; as certain as the dawn is his coming, and his judgment shines forth like the light of day!

He will come to us like the rain, like spring rain that waters the earth.” What can I do with you, Ephraim? What can I do with you, Judah? Your piety is like a morning cloud, like the dew that early passes away. For this reason I smote them through the prophets, I slew them by the words of my mouth; For it is love that I desire, not sacrifice, and knowledge of God rather than burnt offerings.

Gospel

Lk 18:9-14

Jesus addressed this parable to those who were convinced of their own righteousness and despised everyone else.

“Two people went up to the temple area to pray; one was a Pharisee and the other was a tax collector. The Pharisee took up his position and spoke this prayer to himself, ‘O God, I thank you that I am not like the rest of humanity — greedy, dishonest, adulterous — or even like this tax collector. I fast twice a week, and I pay tithes on my whole income.’ But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’

I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”

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First Reading

1 Sm 16:1. 6-7. 10-13

In the presence of the Lord God, they anointed David king of Israel.

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

Responsorial Psalm

Ps 22 R. v.1

(R.) The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; there is nothing I shall want.
Fresh and green are the pastures where he gives me repose.
Near restful waters he leads me, to revive my drooping spirit. **(R.)**

He guides me along the right path; he is true to his name.
If I should walk in the valley of darkness no evil would I fear.
You are there with your crook and your staff; with these you give me comfort. **(R.)**

You have prepared a banquet for me in the sight of my foes.
My head you have anointed with oil; my cup is overflowing. **(R.)**

Surely goodness and kindness shall follow me all the days of my life.
In the Lord's own house shall I dwell for ever and ever. **(R.)**

Second Reading

Eph 5:8-14

Rise from the dead, and Christ will shine on you.

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said:

Wake up from your sleep, rise from the dead, and Christ will shine on you.

Gospel

Jn 9:1-41

The blind man went off and washed himself and came away with his sight restored.

As Jesus went along, he saw a man who had been blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, for him to have been born blind?' 'Neither he nor his parents sinned,' Jesus answered, 'he was born blind so that the works of God might be displayed in him.'

'As long as the day lasts
I must carry out the work of the one who sent me;
the night will soon be here when no one can work.
As long as I am in the world
I am the light of the world.'

Having said this, he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' So they said to him, 'Then how do your eyes come to be open?' 'The man called Jesus' he answered 'made a paste, daubed my eyes with it and said to me, "Go and wash at Siloam"; so I went, and when I washed I could see.' They asked, 'Where is he?' 'I don't know' he answered.

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

However, the Jews would not believe that the man had been blind and had gained his sight, without first sending for his parents and asking them, 'Is this man really your son who you say was born blind? If so, how is it that he is now able to see?' His parents answered, 'We know he is our son and we know he was born blind, but we don't know how it is that he can see now, or who opened his eyes. He is old enough: let him speak for himself.' His parents spoke like this out of fear of the Jews, who had already agreed to expel from the synagogue anyone who should acknowledge Jesus as the Christ. This was why his parents said, 'He is old enough; ask him.'

So the Jews again sent for the man and said to him, 'Give glory to God! For our part, we know that this man is a sinner.' The man answered, 'I don't know if he is a sinner; I only know that I was blind and now I can see.' They said to him, 'What did he do to you? How did he open your eyes?' He replied, 'I have told you once and you wouldn't listen. Why do you want to hear it all again? Do you want to become his disciples too?' At this they hurled abuse at him: 'You can be his disciple,' they said 'we are disciples of Moses: we know that God spoke to Moses, but as for this man, we don't know where he comes from.' The man replied, 'Now here is an astonishing thing! He has opened my eyes, and you don't know where he comes from! We know that God doesn't listen to sinners, but God does listen to men who are devout and do his will. Ever since the world began it is unheard of for anyone to open the eyes of a man who was born blind; if this man were not from God, he couldn't do a thing.' 'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe,' and worshipped him.

Jesus said:

'It is for judgement
that I have come into this world,
so that those without sight may see
and those with sight turn blind.'

Hearing this, some Pharisees who were present said to him, 'We are not blind, surely?'

Jesus replied:

'Blind? If you were, you would not be guilty,
but since you say, "We see",
your guilt remains.'

The blind man went off and washed himself and came away with his sight restored.

×

(Shorter form)

Jn 9:1. 6-9. 13-17. 34-38

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored.

His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.'

They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see, he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God: he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet' replied the man.

'Are you trying to teach us,' they replied 'and you a sinner through and through, since you were born!' And they drove him away.

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Some Helpful Prayers

The Lord's Prayer

Our Father who art in heaven hallowed be thy name Thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen

The Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary mother of God, pray for us sinners, now and at the hour of our death. Amen

Psalm 51

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me.

Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.

Indeed, I was born guilty, a sinner when my mother conceived me. You desire truth in the inward being; therefore teach me wisdom in my secret heart.

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Let me hear joy and gladness; let the bones that you have crushed rejoice. Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me.

Restore to me the joy of your salvation, and sustain in me a willing spirit. Then I will teach transgressors your ways, and sinners will return to you.

The Angelus

Leader: The Angel of the Lord declared unto Mary.

ALL: And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with Thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Amen

Leader: Behold the handmaid of the Lord.

ALL: Be it done unto me according to thy word.

Hail Mary, full of grace ...

Leader: And the Word was made Flesh.

ALL: And dwelt among us.

Hail Mary, full of grace ...

Leader: Pray for us, O holy Mother of God.

ALL: That we may be made worthy of the promises of Christ.

Leader: Let us pray

ALL: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

Mysteries of the Rosary

Joyful mysteries (Saturdays and Mondays):

1. The Annunciation of the Lord to Mary
2. The Visitation of Mary to Elizabeth
3. The Nativity of our Lord Jesus Christ
4. The Presentation of our Lord
5. Finding Jesus in the Temple

Sorrowful mysteries (Fridays and Tuesdays)

1. The Agony of Jesus in the Garden
2. The Scourging at the Pillar
3. Jesus is Crowned with Thorns
4. Jesus Carried the Cross
5. The Crucifixion of our Lord

Glorious mysteries (Sundays and Wednesdays)

1. The Resurrection of Jesus Christ
2. The Ascension of Jesus to Heaven
3. The Descent of the Holy Ghost
4. The Assumption of Mary into Heaven
5. Mary is Crowned as Queen of Heaven and Earth

A Lenten Litany

When loved ones experience pain and suffering.

Remind us that your love is with us.

When illness, aging or chronic pain diminish our joy.

Remind us that your love is with us.

When doubts arise and confusion fills our minds.

Remind us that your love is with us.

When others fail us or refuse to forgive us for our failings.

Remind us that your love is with us.

When we stumble and stray from the path of goodness.

Remind us that your love is with us.

When death separates us from those we love dearly.

Remind us that your love is with us.

When financial problems threaten our security.

Remind us that your love is with us.

When things do not go the way we planned.

Remind us that your love is with us.

When depression or loneliness return again and again.

Remind us that your love is with us.

When broken relationships seem unmendable.

Remind us that your love is with us.

When our faith strengthens and gives us courage.

Remind us that your love is with us.

When the precious gift of life is recognised and appreciated.

Remind us that your love is with us.

When unexpected kindness and caring comes our way.

Remind us that your love is with us.

When optimism stirs in our heart and springtime returns.

Remind us that your love is with us.

When the peace of Christ calms our anxiety and softens our sadness.

Remind us that your love is with us.

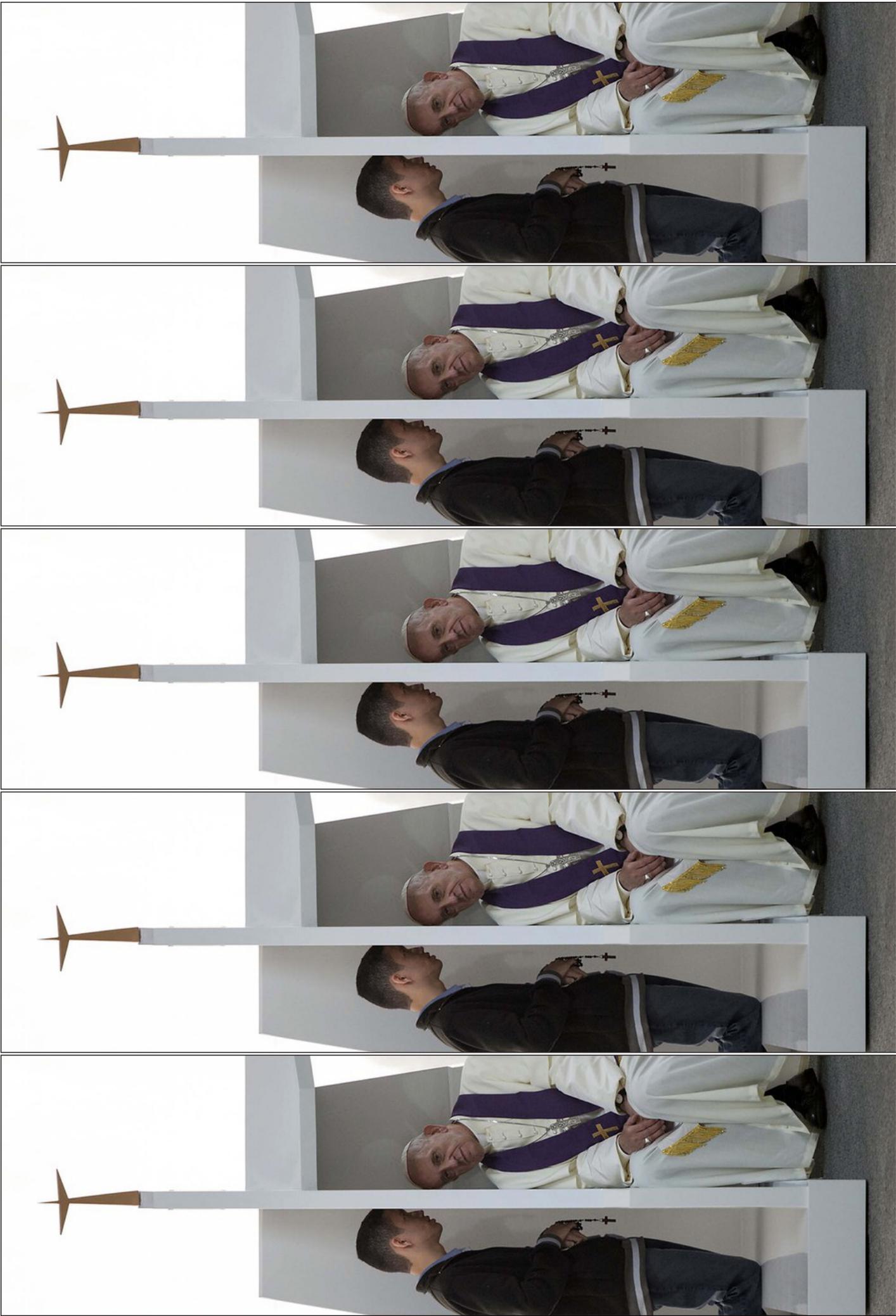
When we realize that our loving presence can make a difference.

Remind us that your love is with us.

When the joy of Easter quietly permeates our heart.

Remind us that your love is with us.

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of our personal history;
this is what makes us
different from everyone else.
Our life, with its joys and
sorrows, is something unique
and unrepeatable that takes
place under the merciful
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*Pope Francis
Misericordia et misera, 14*

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